

NAVY ALCOHOL AND DRUG ABUSE PREVENTION (NADAP) E-Gram

JAN-MAR 2017

January is National Mentoring Month

This year's theme is "In Real Life" and celebrates the difference mentors have made in countless lives. Mentoring comes in many forms and almost everyone can become an effective mentor and reap the benefits of having a positive relationship with the mentee. The local Drug Education for Youth program is an excellent way to connect with a mentoring program near you.

Become a part of the solution! The summer program is in need of volunteers to fill the role of DEFY mentor. Volunteers must be over the age of 18, affiliated with the Department of Defense, and approved by the command. Volunteers are expected to participate for the entire year starting with an intensive summer component (Phase I) and monthly events throughout the school year (Phase II).

Contact the DEFY program office at (901) 874-3300 or MILL_N17_DEFY@navy.mil to find a location near you. For more information on mentoring, go to <https://www.nationalservice.gov/special-initiatives/national-mentoring-month>.

National Drug and Alcohol Facts Week: January 23 - January 27th

An annual, week-long observance sponsored by the National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism (NIAAA) will be held January 23 - 27 2017. This event brings together teens and scientific experts to shatter persistent myths about substance use and addiction will feature information about alcohol in addition to drug use.

The week-long observance was launched in 2010 to counteract the myths about drugs and alcohol that teens often hear from the Internet, TV, movies, music, or friends and creates a safe place for teens to ask questions about drug and alcohol use, without judgment or lectures. Since its inception, the number of community-based events has grown dramatically, with more than 1,500 held last January throughout all 50 states and several international sites.

For details on how to get involved with National Drugs and Facts Week visit <https://teens.drugabuse.gov/national-drug-alcohol-facts-week/learn-about-national-drug-alcohol-facts-week>

In This Issue:

1. National Mentoring Month
2. National Drug and Alcohol Facts Week
3. Tips for Super Bowl Party Fun!
4. Mixing Alcohol and Medicine
5. NADAP Training Near You
6. "iFTDTL" access
7. Relax and Unwind Responsibly this Year

No Laughing Matter!

Alcohol-related mishaps kill and injure Sailors and Marines every year between Labor Day and New Year's Day

In FY16, alcohol was a factor in 55 mishaps of which 8, unfortunately, had fatalities. Be Safe! Take the safer ride home.

For more information/stats visit www.public.navy.mil/navsafecen

Super Bowl Sunday produces one of the biggest party events during this time of the year. Here are a few tips that will help those who choose to drink, do so responsibly.

- Designate your sober driver before the party begins.
- Avoid drinking too much alcohol too **fast**. Pace yourself.
- Eat plenty of food, take breaks, and alternate with non-alcoholic drinks.
- If you don't have a designated driver, ask a sober friend for a ride home; call a cab, friend, or family member to come and get you; or if possible stay where you are for the night and don't drive until you are sober.
- Use your local safe ride home Program i.e., Uber/Lyft .
- Never let friends drive drunk. Arrange a safe way for them to get home.
- Always buckle up. It's still your best defense against other drunk drivers.
- Avoid accepting a drink from a stranger; it's impossible to know if something has been put in it. It's important that no matter where you are, you always watch your drink.
- Avoid drugs when drinking, it's important not to mix alcohol with other drugs, whether illegal or prescription.
- Do not believe the Myth. Coffee does not Sober you up. It may help you wake up a bit but will not sober you up.

It's also important to note that it is perfectly acceptable not to drink at all. In fact, many bars will provide free non-alcoholic beverages to designated drivers as a way to encourage responsible partying. By drinking responsibly, everyone will be able to watch the Super bowl in a healthy and happy way.

Read more at <http://www.symptomfind.com/healthy-living/responsible-drinking-on-new-years-eve/#FbT1PdSYE3CyksJ.99>



Did You Know?

11 million American adolescents and young adults ages **12-29** need help with drug and alcohol problems; **9** million of these are between the ages of **12-25**. (2009 National Study on Drugs and Health)

Little Known Fact

On average, a drunk driver will drive 80 times under the influence before their 1st arrest. Every 51 minutes in America, someone is killed in a drunk driving crash. That equates to 27 people every day. Read more at MADD.org



Mixing Alcohol with Medicines

From the glasses of wine with Thanksgiving dinner to the champagne toasts on New Year's Eve, alcohol is often a familiar sight at holiday celebrations. But if you're taking one or more medications a day — whether they're over-the-counter or prescription — is it safe to raise a glass or two, or should you avoid drinking altogether? In some cases, mixing alcohol with medications can be dangerous. Some drugs contain ingredients that can react with alcohol, making them less effective or have a negative effect on your symptoms or disease itself.

The danger of combining alcohol and some medications is real and sometimes fatal. Antidepressants, painkillers and sleeping aids are just a few examples of over-the-counter and prescribed medicines that should be of concern when drinking alcohol. Be sure to consult your pharmacist or doctor if you have additional questions about the medications you are taking.

Nierenberg, C. (2013). Livescience. Retrieved from <http://Livescience.com/41481-how-common-medications-interact-alcohol.html>

NADAP Training at COMPACFLT Resilience Workforce (RW) Summits and USFF Workshops

Summits and workshops offer a variety of presentations and expert speakers that focus on topics such as; sexual assault, suicide, and drug and alcohol abuse. Additionally, NADAP provides updates on the latest drug and alcohol policies, programs and procedures. A subject matter expert will be available to answer questions, and clear up any myths that surround the program. Interested DAPAs and UPCs are encouraged to attend.

DATE	EVENT	LOCATION
10 - 11 Jan 2017	USFF Workshop	Djibouti, Africa
13 Jan 2017	USFF Workshop	ISA Airbase
17 - 19 Jan 2017	USFF Workshop	NSA Bahrain
6 - 7 Feb 2017	USFF Workshop	Fort Meade
8 - 9 Feb 2017	USFF Workshop	PAX River
15 - 16 Feb 2017	USFF Workshop	Norfolk
14 - 15 Mar 2017	USFF Workshop	NCBC Gulfport
16 Mar 2017	USFF Workshop	Stennis Space Center
3 - 4 Apr 2017 6 - 7 Apr 2017 10 - 11 Apr 2017	RW Summit	CFA Yokosuka NAF Atsugi NAF Misawa
25 Apr 2017	USFF Workshop	Molesworth, England
27 Apr 2017	USFF Workshop	Stuttgart, Germany

Steps to getting access to Internet Forensic Toxicology Drug Testing Lab (iFTDTL)

1. Login to the DoD Drug Testing Portal Home Page.
 2. Click on "Create a New Navy Account" hyperlink.
 3. Fill out an Authorization Letter on official command letterhead.
 4. Email it to MILL_DTADMIN@navy.mil OR FAX it to 901-874-4228.
- ** Once processed, you will receive an email with your username and a temporary password with instructions. For additional help, contact the helpdesk at 901-874-2458.

Relax and Unwind Responsibly this Year!

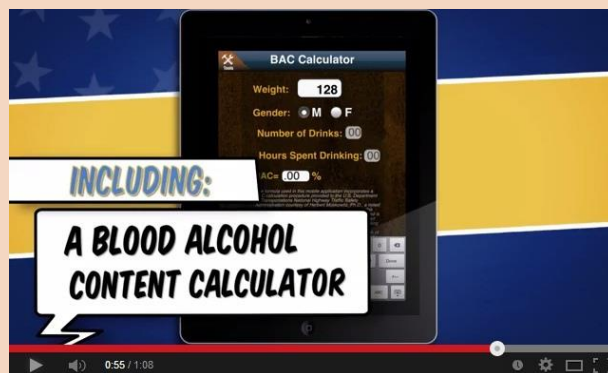
In penny-pinching mode as you wind down your holiday shopping or gear up for holiday celebrations? The average DUI costs \$10,000 – a huge budget-blower. Imagine how many vacations you could go on, dinners you could share with friends and sporting events you could see with your family with all of that money. Not to mention how much cab rides you could have taken...

In America, the annual estimated costs related to crime, lost work productivity and health care due to illicit drug and alcohol use is \$428 billion .

One in three traffic fatalities is due to alcohol impaired-driving. Even when you think you're feeling okay after a few drinks, your blood alcohol content may still be high enough to pose a threat to your safety, the lives of others, and your career. Make the choice to Keep What You've Earned. Check out our latest video, "Choices," to see how one bad decision on one of the most important milestones in a Sailor's life—advancement to chief—may have life-changing consequences. "Choices" and other short public service announcements are up on our NADAP YouTube channel and are perfect for use during small group discussions, All Hands events, holiday safety briefings and more. Use them to spark organic and *real* conversations with your shipmates.

Additionally, you can start the New Year off right by utilizing the following ideas:

1. Download the Keep What You've Earned (KWYE) app, **Pier Pressure**, which includes a calorie counter, blood alcohol content calculator and more. New features coming soon include one-click access to Uber and Lyft to make it even easier to find to a safe ride home.
2. Be a **designated driver**. Plan ahead to volunteer as a designated driver for your shipmates. That means you're committing to a night *without* drinking, but that doesn't mean you can't have fun. Plus, your shipmates (or in some local areas, maybe even the bartender) might show their gratitude by paying for your appetizer.
3. If you're not the designated driver and are going to drink, be sure to alternate alcoholic beverages with non-alcoholic beverages, like water. Set limits ahead of time and consider paying per drink rather than opening a tab at the bar. The alcohol adds up and so does the bill!



Check out the Navy's **Keep What You've Earned** campaign website for additional materials and resources to learn more about drinking responsibly. You can also talk to your Drug and Alcohol Program Advisor (DAPA) or Navy Drug and Alcohol Counselor, speak to your Commanding Officer or contact your Fleet and Family Support Center Counselor for more help. Start 2017 off by planning ahead and staying safe.

KEEP WHAT YOU'VE EARNED AND OTHER SUBSTANCE ABUSE TRAINING MATERIALS ARE AVAILABLE FOR ORDER THROUGH THE NAVY LOGISTICS LIBRARY. DETAILS ON WWW.NADAP.NAVY.MIL